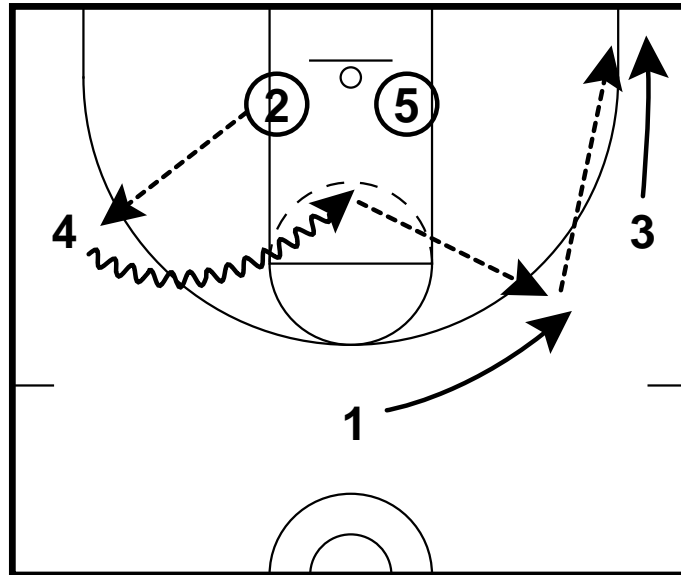


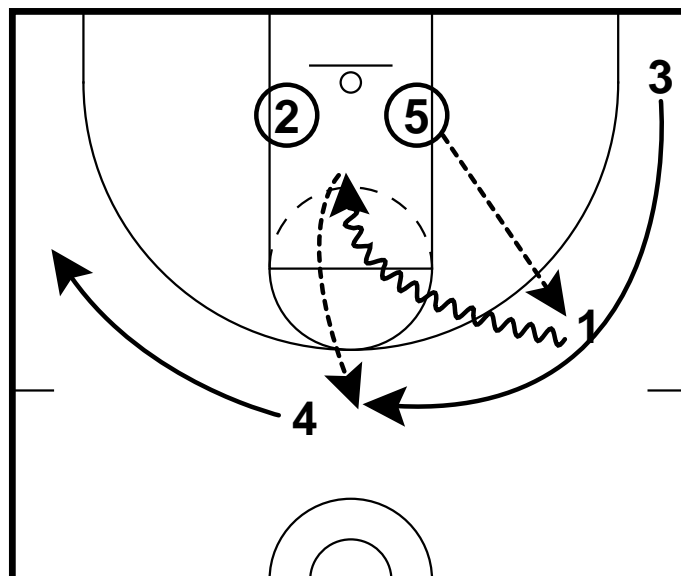
Texas Shooting

Frame 1



Teams of 5 with two rebounders, three shooters and 2 basketballs. The rebounder passes to one of the perimeter players. He drives the ball into the lane while the other two perimeter players push or pull. The driver kicks the ball out for a shot or a one more pass and a shot.

Frame 2



The second rebounder passes to the shooter and the drill continues. If the rebounder, rebounds a missed shot with out the ball hitting the ground, he can make a lay-up worth 1 point. All made 3's are worth 3 points. The groups switch baskets at 2 and a half minutes and the groups has to select 2 different rebounders. The drill is 5 minutes total.

